

What Does a Tennis Ball Have To Do with Fruits and Veggies?

Answer: 1 cup of fruit or vegetable is as big as a tennis ball.

All of these count as 1 cup

Apple: 1 smallBanana: 1 large

Broccoli: 3 5-inch spears

Carrots: 2 mediumCorn: 8-9 inch earGrapefruit: 1 medium

Mango: 1 mediumPeach: 1 large

• Potato: 1 medium

All of these count as ½ cup

• Applesauce: 1 single-serving container

Carrot: 1 medium or 6 baby

Celery: 1 large stalkCorn: 6-inch ear

 Dried fruit (such as raisins, dates, prunes, apricots): ¼ cup

Juice: ½ cup (4 ounces)

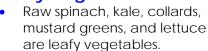
• Orange: 1 small

Plum: 1 large

• Spinach or kale, cooked: ½ cup

Spinach, kale, or lettuce, raw: 1 cup

Leafy vegetables

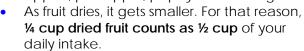




- Because they have a lot of space between the leaves, 1 cup <u>raw</u> leafy vegetables counts as ½ cup of your daily intake.
- ½ cup cooked leafy vegetables counts as ½ cup of your daily intake.

Dried fruit

Raisins are dried grapes. Prunes are dried plums. Other dried fruits include apricots, dates and dried apples, pineapple, papaya and mango.



Remember to count all of these

- 100% fruit and vegetable juices
- Legumes (dried beans, peas or lentils)
- Canned
- Fresh
- Frozen
- Dried



To find out how many cups of fruits and vegetables you need, visit www.mypyramid.gov